



IU Finance

Recipe Book

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About



Indiana University Finance is responsible for a wide range of business functions that ensure and provide efficient and safe daily operations, sound financial management, and employee benefits.

When we're not busy supporting the university's mission, our division has been known to get into a variety of hobbies and activities, ranging from talent shows and pet contests to karaoke, softball, and game nights.

The IU Finance division newsletter, "The Socket" is just one

manifestation of our team's spirit. Part of the Socket's mission is to engage staff with opportunities that are not only good for the body and mind, but also good for the soul.

To that end, The September 2024 Socket issue called upon colleagues to share your favorite go-to recipes. This digital cookbook is the result of 28 submissions by staff all across the Finance division, with everything from appetizers to desserts, all for your enjoyment.

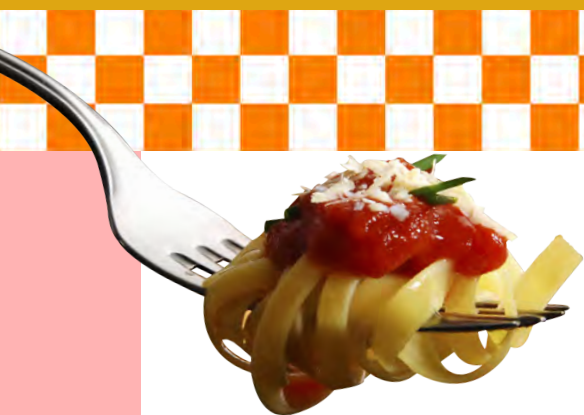
Take a look, try something new, and perhaps add a new recipe to your weeknight standards or holiday favorites!

The Socket Committee thanks each and every colleague who contributed a recipe to this special project, and you, for reading this!

Questions about this recipe book? Email the Financial Training team at estc@iu.edu.

-The Socket Committee





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Digital Book Creator

Kudos and thank you to Juliet Roberts for creating this digital recipe book using Adobe Express!

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Appetizers & Snacks

Garlic tomato confit

"This dish brings out the best of both garlic and cherry tomatoes. Didn't think they could get any better on their own? Though I personally think this is best made with Beef Tallow, a good Extra Virgin Olive Oil is a great way to make it vegan."

—Tyler Nichols, Procurement Services

Ingredients

- 1.) 4 Cups of halved Cherry Tomatoes (or other small, sweet tomato variety)
- 2.) One Cup of peeled Garlic Cloves (pre-peeled works just fine)
- 3.) Half cup of Beef Tallow OR Extra Virgin Olive Oil
- 4.) 1 tsp Sea Salt
- 5.) 2 tsp Herbes de Provence (or, just some Basil and Rosemary)
- 6.) 1 tsp MSG (this is optional, but highly recommended!)
- 7.) 1/2 tsp Black Pepper
- 8.) 1 Wide Mouth Mason Jar
- 9.) 1 medium Pyrex/oven safe glass dish
- 10.) Small amount of alum foil

Instructions

- 1.) Preheat oven to 350F
- 2.) Roast that garlic! In the mason jar, add your garlic, a pinch of salt, and add your oil/fat of choice so it just barely covers the garlic
- 3.) Cover jar with alum. foil and roast garlic until lightly golden (about 1 hour)
- 4.) Slice up your tomatoes and lightly toss them with the herbs/spices listed
- 5.) Add tomatoes along with garlic and oil to glass baking dish, bake for another 45 mins. You are looking for a light char on the top.
- 6.) Serve with toasted sourdough, or other bread of choice.



Appetizers & Snacks

Irresistible Jalapeño Corn Dip

"Perfect tailgate or party appetizer!!"
—Maggie Harrell, University Controller

Ingredients

5-8 strips bacon
1-2 Tablespoons salted butter
Salt/Pepper
3 cups fresh or frozen corn, you'll need 4-5 ears
3 cloves garlic, minced
¾ cup red onion, diced
1 small red bell pepper, diced
2 jalapeno peppers, seeded and diced
8 oz. cream cheese, softened
1 cup sour cream
1 packet Ranch Seasoning Mix, equal to 2 Tablespoons
1 cup cheddar cheese, shredded
1 cup Monterrey Jack cheese, shredded
2 green onions, plus more to garnish

Instructions

1. Preheat oven to 375 degrees.
2. Cook the bacon in a large skillet over low heat until crispy on each side. Remove and place on paper towels. Crumble the bacon once cooled.
3. Leave the bacon drippings in the pan.
4. While the bacon cooks, use a sharp knife and carefully cut the kernels off the corn. Propping the corn on a bundt pan makes it easy to hold the corn and catch the kernels.
5. Increase heat to medium-high and add the corn to the bacon drippings. Sauté for about 10 minutes, adding butter as needed. Season with salt and pepper.
6. Add the garlic, red onion, and peppers to the skillet over medium heat and cook for 5 minutes, until softened. Remove from heat.
7. In a large bowl combine the softened cream cheese, sour cream, Ranch Seasoning, HALF of the cheeses, and diced green onion.
8. Add the softened vegetables and seasoned corn, stir to combine.
9. Transfer to a baking dish. I use my (oven-safe) 12-inch enamel cast iron skillet to prepare the whole recipe which is also an option.
10. Top with remaining cheese. Bake for 20 minutes, uncovered. Add the crumbled bacon and cook for 5 more minutes.
11. Garnish with additional green onions and serve.



Appetizers & Snacks

Mom's Fresh Salsa

"Super easy and healthy fresh salsa recipe. Mom used to make this salsa to put on top of scrambled eggs, tacos, or to eat with tortilla chips."

—Laura W. Hudson, Budget Office

Ingredients

4 Roma tomatoes cut in half
half bunch of fresh cilantro
1 jalapeño pepper cut in half, or 2 if you like it spicier (no seeds, no stem)
2 garlic cloves
1/2 small white onion
1 teaspoon of salt
1/2 teaspoon ground cumin
1/4 cup of water (optional)

Instructions

Put all the ingredients in a blender, pulse until combined and enjoy!!!



Appetizers & Snacks

Susan's Cowboy Caviar

*"This recipe is easy to throw together for parties."
—April Thomas, University Controller*

Ingredients

2 cans white corn, drained
2 cans black eyed peas, rinsed and drained
2 cans Rotel tomatoes with green chiles, drained
1 small sweet onion (optional)
2 1/2 bell peppers chopped, I like to use a combination of red, yellow, and green
Chopped fresh cilantro and lime juice to taste.
4 oz Kraft Zesty Italian Dressing

Instructions

Combine all ingredients and refrigerate at least four hours. However, overnight is better. If your ingredients have soaked up most of your dressing add more before serving.

Serve with Tostitos Scoops.



Simple & Tasty Green Salad

"This salad goes with just about anything!"
— Jean Cannon, Finance Shared Services

Ingredients

4.5 ounces lettuce of your choice (I prefer something sturdy like Romaine)
½ cup spring onions (or red onion), finely sliced
1 cup Panko breadcrumbs
4 ounces crumbled Pecorino Romano (star of the show)
⅓ cup olive oil
¼ cup red wine vinegar
1 tablespoon whole grain mustard
1 teaspoon freshly ground black pepper
1 teaspoon sea salt
1 teaspoon sugar

Instructions

Add the lettuce, spring onions, breadcrumbs, and Pecorino to a large bowl. Combine the olive oil, vinegar, mustard, salt and pepper, and sugar in a small bowl and whisk vigorously to combine. Right before serving, add the dressing to the salad and toss to combine. Serve immediately.



Savory Corn Pudding

"My dad would tease that I couldn't cook, but would ask me to make this for him. I found it in a magazine and have listed the way that I adjusted the recipe to please my family."

—Lisa Mc Coy, Finance Shared Services

Ingredients

1 package (12 oz) frozen corn - steamable
1 cup milk
2 eggs, lightly beaten
3 Tbsp Miracle Whip
3 Tbsp Butter, melted
4 Tbsp Splenda sugar substitute
1 Tbsp all-purpose flour
Salt - to taste

Instructions

Preheat oven to 350 degrees. Prepare the corn according to package directions, then set aside to cool.

Combine remaining ingredients in large bowl with wire whisk: stir in corn. Turn into greased 1-quart shallow casserole. (Note: I generally melt the butter in the casserole dish and then combine the ingredients in the casserole dish to save getting another dish dirty. Plus melting the butter in the casserole dish greases the pan - 2 for 1!)

Bake 1 hour or until golden.



Kale Apple Salad

Side Dish

"This was part of a Fall Salad recipe grouping that I discovered via frommybowl.com, and it is so simple to make. The Fall Farro Salad with Butternut Squash (substitute sweet potato) & Brussels Sprouts is another delicious choice from that site! I've never added the parsley, and I generally use two apples. Chunks of cheddar cheese or some type of crumbly cheese would also be a good addition."

—Christie LeMaster, University Controller

Ingredients

For the Cider Dressing:

1/3 cup extra virgin olive oil
2 tablespoons apple cider vinegar
2 teaspoons maple syrup
2 teaspoons Dijon mustard
1 small garlic clove, grated (or 1 tsp garlic powder)
1/2 teaspoon salt

For the Salad:

1 bunch kale, de-stemmed and chopped
1/2 bunch parsley, chopped

1 honeycrisp apple, diced or thinly sliced (or other apple of choice)
1/2 cup raw walnuts, chopped
Black pepper to taste"

Instructions

Make the dressing: Combine the oil, vinegar, maple syrup, mustard, garlic, and salt in a bowl or mason jar. Stir/shake until emulsified, about 20 to 30 seconds.

Massage: Add the chopped kale to a large bowl and pour 3/4 of the dressing over it. Use clean hands to massage the dressing into the kale for 45 to 60 seconds, until the kale is tender and has reduced in volume.

Mix: Add the parsley, apple, and walnuts to the bowl and top with remaining dressing, plus black pepper to taste. Mix together well."



Mediterranean Orzo Salad

"This is a quick salad to make but it needs to sit for at least 2 hours for the flavors to combine."

—Laura Kremer, Finance Shared Services

Ingredients

Salad:

- 1 cup uncooked orzo pasta
- 1/3 cup sliced kalamata olives
- 1 cup diced red bell pepper
- 1/4 cup crumbled feta cheese

Dressing:

- 1 packet Hidden Valley Original Ranch Salad Dressing & Recipe Mix
- 3 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon sugar
- 1/2 teaspoon dried basil

Instructions

Cook orzo according to package directions (do not add salt). Drain; rinse with cold water. Mix orzo, olives, red pepper and feta cheese in a large bowl. Whisk together dressing mix, oil, vinegar, sugar and basil. Stir dressing into orzo mixture. Cover and refrigerate at least 2 hours.

Makes 4-6 servings



Parsley & Mushroom Soup

"This is a very healthy rich soup, good for those cold evenings!"

—Laura W. Hudson, Budget Office

Ingredients

1 bunch of parsley
2 cups of water
½ tbsp of salt
2 garlic cloves
Half onion
2 tbsp butter
2 cups of diced mushrooms
1 tbsp chicken bouillon powder
1 cup heavy cream
1 cup mozzarella cheese

Instructions

In a blender, mix, and set aside:

1 bunch of parsley
2 cups of water
½ tbsp of salt
2 garlic cloves
Half onion

Add the butter to a pot, sauté the mushrooms, and add the mixture from the blender to the pot, let it simmer for three minutes and add the chicken bouillon. Once it starts to boil, reduce the heat and add the heavy cream; mix well. Once it starts boiling again, add the mozzarella cheese. Mix it. Let it melt and enjoy!



Chicken Bacon Mushroom Pie

*"Family favorite weeknight dinner."
—Sadie Schmidt, University Controller*

Ingredients

170g puff pastry
500 g cooked chicken, cubed
4 rashers bacon, diced
120 g button mushrooms
5 T flour
5 T butter
300 ml milk
Salt and pepper
8 inch pie plate or 9x9 baking dish

Instructions

- 1.Heat half the butter in a frying- pan and sauté for 2- 3 minutes. Remove and set aside.
- 2.Heat the remaining butter in the frying- pan, stir in the flour and blend smoothly and cook for 2- 3 minutes, stirring constantly.
- 3.Stir in the milk and season to taste, then bring to the boil and cook until thickened.
- 4.Add the chicken pieces, bacon and mushrooms and blend well. Allow to cool slightly.
- 5.Place the filling in a 8 inch pie plate.
- 6.Roll the pastry out to a round to fit the plate and place on top of the filling.
- 7.Brush the crust with the milk and bake in the oven at 400° F for 30- 35 minutes.



Chicken & Bell Pepper Tacos

"I found this recipe on Pinterest and it has become a week-night staple in our home! I'm a family of four that includes two kids, and they don't even say, "no!""

—Kaelie Dobson, Procurement Services

Ingredients

Any large rimmed sheet pan, with at least a 1 inch rim

Aluminum foil

(1) yellow bell pepper - sliced

(1) orange bell pepper - sliced

(1) red bell pepper - sliced

(1) red onion - sliced or you may use pickled red onions (yum!)

(2) limes

(2) chicken breasts cut into 1 inch cubes

3 TBSP grapeseed oil

avocado

cilantro

2 TSP chili powder

1 TSP ground cumin

1 TSP garlic powder

1 TSP paprika

1/2 TSP salt

Instructions

Preheat oven to 400 degrees

Line a large, rimmed sheet pan with foil

Mix the dry seasonings in a bowl

Spread all the ingredients over the pan in one even layer.

Sprinkle the oil over the cut ingredients on the pan, then sprinkle the dry seasonings over the ingredients.

Cook for 20-25 minutes

Sprinkle with lime zest and lime juice over all

Serve with tortillas, avocado and chopped cilantro



Crockpot Carne Guisada with Tex-Mex Rice

"An understandably common combination from my home state of Texas. The recipe itself is also common, but the particular method was passed down from my maternal great-grandmother through my mother who passed it down to me so I'd have the comforts of home-cooking and Texas cuisine while living in Indiana"

— Jeffrey Martínez, University Controller

Ingredients

Crockpot Carne Guisada:

3 lbs of boneless chuck roast
2 beef bouillon cubes (or 2 tsp if you buy a jar of it)
1C crushed tomatoes (can is fine)
3 cloves of garlic
1 small or 3/4 of a regular onion, diced
1 & 1/2 tsp garlic powder
1 & 1/2 tsp onion powder
2 tsp ground cumin
Salt & pepper to taste
- add salt later on if it needs it
6T all-purpose flour combined w/ 1/2 C of cold water, stir 'til smooth

Tex Mex Rice:

Cooking oil (enough to coat bottom of a medium-size pan,
1C of long-grain white rice,
2C of chicken broth,
1/3 C of tomato sauce (can is fine),
1T onion powder,
1T garlic powder,
1 tsp cumin,
sprinkles of chili powder (for color, not spice)
salt & pepper to taste. More salt can be added later, if desired

This recipe continues on the next page



Crockpot Carne Guisada with Tex-Mex Rice

Instructions

Crockpot Carne Guisada:

Cut boneless chuck roast into 1" or so pieces. Cubed is fine but doesn't have to be perfect. Goal is for making tacos from this, if desired. (Note: Some people soak the meat in cold water for an hour and drain it ahead of adding it to the crockpot to reduce overall liquid (blood), but it isn't required)

Mix bouillon cubes (or powdered mix) and 8 oz of water as a liquid mixture for the crockpot. Add the crushed tomatoes, minced 3 cloves of garlic, garlic powder, onion powder and cumin. Add the

salt & pepper to desired taste (add more salt later, if needed). Mix the 6T of all-purpose flour and 1/2 C of cold water until smooth. Add everything together in crockpot and give it a good, combining stir.

Cook in crockpot: High for 5.5 to 6 hrs or Low if you have additional time (betw. 8.5 hrs - 12 hrs.). Feel free to add additional "slurry" mixture of water and corn starch at any ratio to achieve a desired thickness, but only as a matter of preference

Tex-Mex Rice:

Turn stove on to Medium. Coat the bottom of your pan/pot w/ cooking oil and let it heat. Add in

1C of long-grain white rice and stir in to coat the rice entirely or very close to it. "Toast" your rice, but don't burn it, to achieve a golden-brown color. Next, add the chicken broth and the tomato sauce and stir it all together to where it looks mixed in. Add your dry ingredients (garlic powder, onion powder, salt, etc.) and stir it all together. Bring it to a boil and cover it. Turn stove to low (LO). Wait until the liquid mixture is just below the surface of the rice (10+ mins or so). Turn off the heat to OFF and let it sit for 5 mins. After that, remove the lid and check the rice to see if there is any liquid left. If not, it is ready to serve



Healthy Roasted Spaghetti Squash with Turkey & Veggies

"This is a healthy low-carb recipe and a great way to try spaghetti squash. You can substitute the ground turkey for ground Italian sausage if you prefer but it won't be as healthy. This dish reheats nicely."

—Robyn Frazier, University Controller

Ingredients

1 Spaghetti squash halved & seeded
2 Tbsp Olive oil
1 tsp each of salt and pepper, divided
1 Lb Ground Turkey
1 can mild Rotel or 16oz diced tomatoes (do not drain)
8-10 spears fresh asparagus cut into 1/2-inch pieces
1/2 yellow or white onion, diced
1/4 cup fresh basil chopped or 1 tsp dried
4 minced garlic cloves (about 2 tsp)
1 tsp dried oregano
4 oz (1/2 cup) chicken broth
Grated parmesan cheese to garnish"

Instructions

1. Preheat oven to 350 degrees.
2. Coat inside of squash halves with olive oil and season with 1/2 tsp salt and pepper. Place squash, cut side down, on foil lined baking sheet.
3. Roast squash in oven about 30-40 minutes until skin can easily be pierced with a fork.
4. While squash is roasting, cook ground turkey in skillet over medium heat until browned.
5. In a bowl, combine the tomatoes, asparagus pieces, diced onion, basil, minced garlic, oregano, and remaining salt & pepper. Mix well then add to the skillet with the browned turkey. Cook about 5 minutes uncovered, stirring occasionally. Add chicken broth and cook additional 5 minutes or until asparagus is slightly tender. Keep warm.
6. Remove roasted squash from oven and let cool until it can be easily handled. Using a fork, scrap the squash into strands and place into a bowl.
7. To serve, place about 1/2 of the squash strands into a serving dish and top with the turkey vegetable mixture. Sprinkle some grated parmesan cheese on top and enjoy!



Great Grandma's Pancakes

"Quick and easy pancake recipe handed down from my great grandmother."

—Sadie Schmidt, University Controller

Ingredients

2 c flour
½ c sugar
2 c milk
1 T baking powder
1 egg
Pan

Instructions

1. Beat together and put spoon fills into a pan over low heat.
2. Flip when bubble form on top.



Instant Pot Pulled Pork

"This recipe comes from TheSaltyMarshmallow.com and has become a repeat easy dinner with tons of leftovers. It's super easy, only requires a few ingredients, and best of all, my kiddo actually eats it!"

—Holly Hooper, University Controller

Ingredients

Instapot
1 Tablespoon brown sugar
2 Teaspoons paprika
2 Teaspoons garlic powder
1 Teaspoon salt
1 Teaspoon pepper
1/2 Teaspoon cumin
1/4 Teaspoon cayenne - optional (I use chili pepper flakes)
3 pound boneless pork roast (cut into 3-4 inch cubes)
2 Tablespoons olive oil
1/3 Cup apple cider vinegar
2 Cups BBQ sauce
1 1/4 chicken or beef broth
1 Teaspoon hot pepper sauce (optional)

Instructions

1. In a small bowl mix together the brown sugar, paprika, garlic powder, onion powder, salt, pepper, cumin, and cayenne.
2. Season the cubed pork with the spice mixture and set aside.
3. In a medium bowl whisk together the apple cider vinegar, one cup of the barbecue sauce, the hot pepper sauce if using, and one cup of the broth.
4. Turn your instant pot to the sauté setting. Add the olive oil and allow it to get hot.
5. Add half of the cubed pork to the hot oil and saute for 5 minutes, turning to brown on all sides.

This recipe continues on the next page





Instant Pot Pulled Pork

Instructions (Cont.):

6. Turn the instant pot off. Use the remaining 1/4 cup of beef broth and a wooden spoon to deglaze (scrape the brown bits) from the bottom of the pot.
7. Add all of the meat along with the barbecue sauce mixture to the instant pot.
8. Close the lid and set to sealing.
9. Cook on manual high pressure for 40 minutes. Once the cooking time is up, allow the pressure to release naturally for 10 minutes, then do a quick release.
10. Remove the meat from the instant pot and shred. Stir in the remaining cup of BBQ sauce and serve on buns as desired.

I'll use leftovers in sandwiches, tacos, nachos, mixed in with eggs, potatoes and cheese (a hash sort of?) and even just used it to top some baked french fries!





Kale Bean Soup

"The beauty of this recipe is that kale is the only non-pantry item, and you can easily change it up to make it more/less spicy, etc. I always add canned chicken to the soup. And I might add a little cooked bow tie pasta right before I eat it, or I really love it over rice. It's an easy recipe to cut in half, but it makes good leftovers. To my surprise, my 10 year old nephew loves this soup!"

—Christie LeMaster, University Controller

Ingredients

1 tablespoon olive oil
8 large garlic cloves, crushed or minced
4 cups chopped raw kale
4 cups chicken or vegetable broth
2 (15 ounce) cans white beans, such as cannellini, undrained
2 (10 ounce) cans Rotel tomatoes
1 (5 ounce) can chicken, undrained (optional)
Salt and pepper to taste

Instructions

"Heat olive oil in a large pot over medium heat. Add garlic and cook until soft. Add kale and stir until wilted. Add broth, beans, tomatoes, chicken, salt and pepper; bring to a boil, then reduce heat and simmer for 15-20 minutes or until beans are tender.

Optional Step: Smash or blend a portion of the beans to thicken the soup.





Mama's Cold-Fighting Chicken Cous-Cous Soup

"This soup has been a staple in our home for years. I used to make it every time my kids had a cold, or were under the weather. Now I make it just because it's delicious!"
— Jean Cannon, Finance Shared Services

Ingredients

1 cup chopped onions about 1/2 of a medium
3/4 cup sliced leeks about 1 medium, white and light green parts only
1/2 cup sliced carrots about 1 medium
1/2 cup chopped celery about 2 ribs
1 tablespoon minced ginger or paste
1 tablespoon minced lemongrass or paste
2 cloves minced garlic
1/2 teaspoon ground turmeric
4 cups chicken stock
1/2 teaspoon Better Than Bouillon chicken seasoning (optional)
8 ounces cooked, shredded chicken (rotisserie chicken is great)
1 cup pearl couscous
1/2 of a lemon
salt and pepper
chopped fresh parsley for garnish"

Instructions

1. Heat one tablespoon of the stock in a 4 to 5 quart Dutch oven or stock pot over medium. When it begins to sizzle, add the onions, leeks, carrots, and celery. Saute until the vegetables are soft, about 6 minutes. Stir in the ginger, lemongrass, and garlic, and heat until aromatic. Sprinkle the turmeric over the vegetables and stir. Add the stock, chicken, and couscous, and bring to a light boil. Reduce heat to maintain a gentle simmer; cook for 15 minutes. Squeeze the half lemon into the soup, taste, and season with salt and pepper to your liking. Top with parsley before serving.





Overnight Blueberry Baked Oatmeal

"This is my go-to breakfast recipe. I've used this base recipe with a few different fruits, but blueberry remains my favorite. The longer you let the oats soak the more luscious this turns out!"

—Sarah Chavez, ESTC

Ingredients

Cookware:

8x8 baking dish

Two mixing bowls, one with a lid so it can sit in the fridge overnight.

Mixing spoon

Spatula

For the oats:

2 cups old fashioned rolled oats

2 cups unsweetened almond milk or milk of your choice

1/3 cup pure maple syrup or sweetener of your choice

2 teaspoons ground cinnamon

1 large egg beaten

1 teaspoon baking powder

1 1/2 cups fresh or frozen blueberries thawed if frozen

For the streusel:

1 cup old fashioned rolled oats

1/2 cup all purpose flour substitute with oat flour or almond meal if gluten intolerant

1/2 cup brown sugar packed (or sub with coconut sugar)

1/4 teaspoon salt

1/2 cup coconut oil melted* (or sub with melted butter)"

This recipe continues on the next page





Overnight Blueberry Baked Oatmeal

Instructions

Prepare the oats:

1. Place the oats, milk, sweetener, and cinnamon in a medium to large bowl and stir. Cover with plastic wrap and refrigerate over night. Do not add the egg or baking powder.

2. The next morning, preheat the oven to 375 degrees and grease an 8x8~ square baking dish. Set aside.

3. Stir the beaten egg and baking powder into the oatmeal mixture until well combined, then gently stir in the blueberries. Pour the mixture into the prepared baking dish and spread evenly.

Prepare the streusel and assemble:

1. Stir the 1 cup oats, flour, sugar and pinch of salt together in a medium bowl. Stir in

the melted coconut oil until combined. Sprinkle the streusel evenly over the oatmeal.

2. Bake for 30-40 minute on the middle rack of the oven until the majority of the liquid has been absorbed. If the streusel begins to brown too quickly during baking, cover loosely with foil for the remainder of the baking time.

3. Remove from heat and cool on a wire rack for 10-15 minutes. Enjoy!





Sage, Brown Butter, & Butternut Squash Pan Fried Pasta

"This delicious, savory pasta dish is easy and packs in a lot of flavor with very few ingredients. I've added notes so it can be made with frozen ingredients or made vegan and it's just as good! I recommend pan frying the noodles until they become a little crispy. Adapted from [a recipe by Diana Rattray/The Spruce Eats](#)"

—Juliet Roberts, Financial Training

Ingredients

Tools needed:

- Large skillet
- Baking sheet
- Knife and cutting board
- Rubber spatula or wooden scraper

Ingredients needed

- 1 butternut squash, about 2 pounds (or 2 bags frozen)
- 1 large sweet onion, coarsely chopped (or 1 bag frozen diced onions)

Kosher salt, as needed

1/4 teaspoon freshly ground black pepper, more to taste

3 tablespoons extra-virgin olive oil, more to taste

8+ ounces farfalle pasta

1/4 cup (4 tablespoons) unsalted butter (butter substitute or more olive oil if vegan)

12 medium fresh sage leaves

2 medium cloves garlic, minced

1/2 cup shredded Parmesan, more if desired (skip if vegan)

This recipe continues on the next page





Sage, Brown Butter, & Butternut Squash Pan Fried Pasta

Instructions

1. Preheat oven to 375 F.
2. Cube the butternut squash (or thaw in refrigerator if frozen) and dice the onion.
3. Toss the squash and onion in olive oil, salt, and pepper and spread evenly on baking sheet.
4. Roast the veggies for 40+ minutes, stirring halfway, until tender and brown in places.
5. Boil pasta until al dente and drain. Set aside.
6. Melt the butter (or warm the olive oil if vegan) in a large skillet. Add the sage leaves and cook until the butter browns slightly and the leaves crisp up. Remove the leaves from the pan and set aside.
7. Add garlic to the skillet and cook until fragrant.
8. Add the roasted veggies and cooked noodles to the skillet and toss until coated. Top with crispy sage leaves from earlier. You may need to pan fry in batches.
9. Continue pan frying the noodles until they become slightly crispy.
10. Toss with cheese, if using, and adjust salt/pepper as needed and serve.





Soup Beans

"This soup is a perfect meal for big groups of people. It's really hard to mess up and making substitutions won't ruin the recipe."

—Anonymous, Finance Shared Services

Ingredients

Crock pot (2.5 quart or larger for measurements below)
Large mixing bowl
Large skillet

1 lb dry pinto beans
1 large sweet onion, chopped
1 lb bacon
3 soup cans of chili ready tomatoes
8 cups chicken broth

Instructions

Soak pinto beans for 24 hours in a large mixing bowl. Make sure the beans have plenty of room to expand.

Fry bacon in skillet. Remove right before it gets crispy and chop. Drain about 1/2 of the bacon grease.

In remaining grease cook onion.

Add remaining grease, cooked onion, and chopped bacon to crock pot. Add soaked beans. Add chili ready tomatoes (include juice). Add chicken broth. A 2.5 quart crock pot will be filled to the brim.

Cook on high for at least 6 hours. The longer it cooks the better! About 2 hours before serving remove around 3 cups of beans and mash and return to crock pot.





Stuffed Pasta Shells

—Lisa Keough, University Controller

Ingredients

8x10 pan
18 Pasta Shells, cooked and cooled
1 pound ground beef, chicken, or turkey
2 eggs, beaten
1 tsp salt
1 tsp pepper, or to taste
2 cloves chopped garlic
1 tbs Basil
1 tbs Oregano
1 lb mozzarella cheese – grated
2 jars spaghetti sauce

Instructions

Mix all ingredients except for the shells in a bowl
In 8x10 pan, sprayed with cooking spray, pour ½ jar of spaghetti sauce on bottom of pan. Place all stuffed shells in pan. Use 1.5 jars of spaghetti sauce over the top of the shells.
Bake for 20-30 minutes on 350 Degrees.
Sprinkle Parmesan cheese over top when you remove from oven. Serve with Italian bread and salad. Enjoy!





Basque Cheese Cake

"This is a recipe that originates from the Basque region of Spain. It is super easy, super fast, and very delicious"

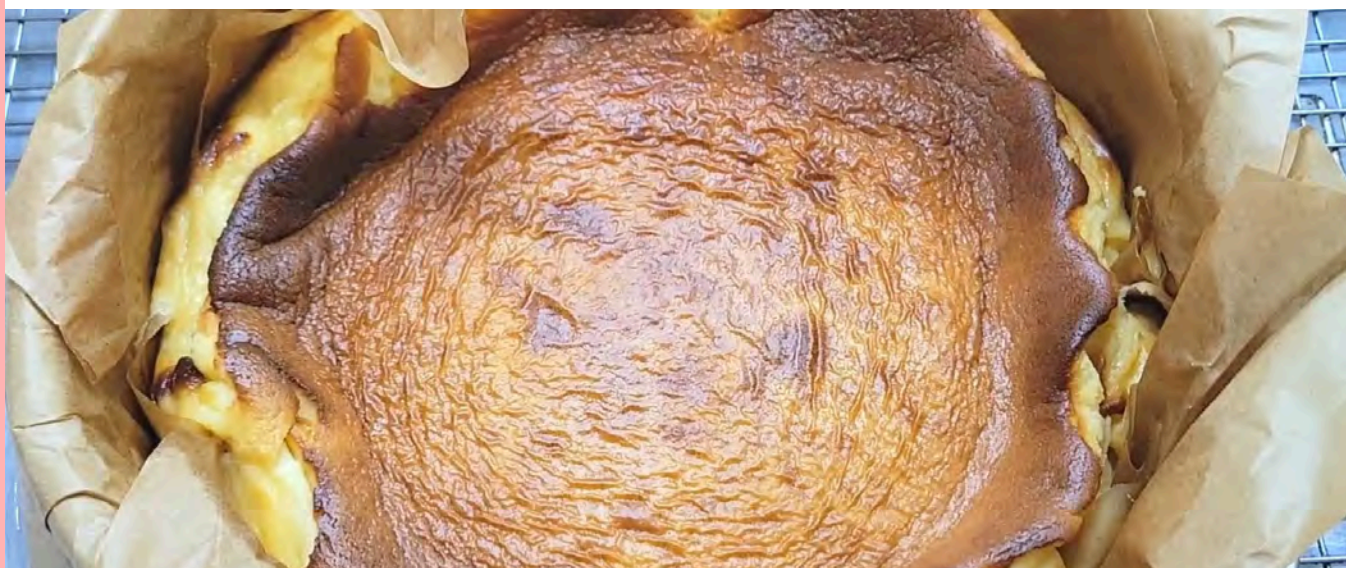
—Petra Bragt, Treasury

Ingredients

1 cup of white rice
1 cup sugar adjust depending on how sweet you want - 2/3 cup of sugar if you want it less sweet.
1/2 cup chopped almonds
1 cinnamon stick
1 Tbsp vanilla
1 Can 12 ounces Evaporated milk
1.5 cups of milk or almond milk
1 Liter of water
Ice

Instructions

1. Soak the rice, cinnamon, and almonds in water in the refrigerator for 24 hours.
2. Strain the water from the cinnamon, rice, and almond mixture that were soaking, disposing of water.
3. Blend the cinnamon, rice, and almond mixture with evaporated milk until a smoother mix is formed and the grains of rice are completely ground.
4. Strain the resulting liquid into a pitcher, and add the sugar, vanilla, and milk. Mix well until everything is well combined. Add a liter of water, and serve with ice.



Cherry Crock Pot Cake

"I found this recipe on Facebook and have found it to be quick and tasty. My family has enjoyed it as well."

—Lisa Mc Coy, Finance Shared Services

Ingredients

2 cans cherry pie filling (I use sugar free)
2 sticks butter
1 box yellow cake mix (I use sugar free)

crockpot

Instructions

Pour the 2 cans of pie filling into the crock pot. Add dry cake mix. Place the 2 sticks of butter on top. No need to mix. Cover and cook on high for 2 hours.



Horchata

—Anonymous, University Controller

Ingredients

1 cup of white rice
1 cup sugar adjust depending on how sweet you want - 2/3 cup of sugar if you want it less sweet.
1/2 cup chopped almonds
1 cinnamon stick
1 Tbsp vanilla
1 Can 12 ounces Evaporated milk
1.5 cups of milk or almond milk
1 Liter of water
Ice

Instructions

1. Soak the rice, cinnamon, and almonds in water in the refrigerator for 24 hours.
2. Strain the water from the cinnamon, rice, and almond mixture that were soaking, disposing of water.
3. Blend the cinnamon, rice, and almond mixture with evaporated milk until a smoother mix is formed and the grains of rice are completely ground.
4. Strain the resulting liquid into a pitcher, and add the sugar, vanilla, and milk. Mix well until everything is well combined. Add a liter of water, and serve with ice.



Peanut Butter Fudge

"My mother got this recipe for peanut butter fudge from a co-worker and I have had many people ask for the recipe or for me to just make them the fudge. I have also taken it to the county fair 2 times - winning a 1st place and a 2nd place ribbon for it"

—Lisa Mc Coy, Finance Shared Services

Ingredients

4 sticks of butter
1 jar (16 ounces) of peanut butter - can be crunchy, smooth, honey, etc.
2 lbs powdered sugar

I use a Dutch oven pan to mix this up in. You can use any kind of pan to let it set-up in (grease it prior to putting the fudge in it.)

Instructions

Melt the butter in the Dutch oven on the stove - I have done high, but medium or low will also work - you don't want to burn it.

Once the butter is melted, remove from heat to add the peanut butter. Place back on the burner to melt the peanut butter and combine it with the butter. Definitely use a lower temperature so that this does not burn.

Once the peanut butter is melted and combined with the butter - shut off the burner. (You may want to keep it on the stove where it is warm because that can assist in the combining of the powdered sugar.) SLOWLY add the powdered sugar. (I note from personal experience to SLOWLY add the powdered sugar because if you add all 2 lbs at once - it will kill your arm stirring.) Keep adding and stirring in the powdered sugar until it is all added and completely combined.

Spread out the fudge into your greased pans and set aside to allow them to set-up. Cut into the size pieces that you want to serve and enjoy!



Pumpkin Cookies

"You don't have to be a pumpkin fan to enjoy this cookie... In fact, I avoid most pumpkin-flavored goodies, but these cookies hit the right balance. The icing is the key."

—Christie LeMaster, University Controller

Ingredients

Cookies:

1 c. solid Crisco
1 c. sugar
1 c. pumpkin
1 egg
2 c. flour
1 t. baking soda
1 t. cinnamon
½ t. salt
1 c. raisins (optional—I have never used them)

Icing:

3 T. butter
3 T. milk (plus a little extra to thin icing as needed)
½ c. brown sugar
1 c. powdered sugar (sifted)
¾ t. vanilla

This recipe continues on the next page



Pumpkin Cookies

Instructions

Cookies:

Cream Crisco, sugar & pumpkin. Add egg and mix well. Add sifted (I don't sift) dry ingredients & raisins. Drop from spoon onto ungreased cookie sheet. Bake at 375 degrees for 10-12 minutes or until the cookies are golden brown on top.

Icing:

Cook butter, 3 T. milk & brown sugar over medium low heat until dissolved. Let it become very bubbly & stir often to prevent burning. Remove from the heat. Cool slightly then add sifted powdered sugar and vanilla. Add some warm milk to thin the frosting to a good spreading consistency. I like it to be a thick glaze consistency. Spread on warm cookies.

Hint: I don't bother sifting dry ingredients for the cookie part, but I have decided over the years, that the icing looks better if I sift the powdered sugar. Or you can whisk the icing to get rid of the powdered sugar lumps...Or leave the lumps. No one really cares once they bite into the cookie.



Quick & Easy Cherry Crunch

—*Lisa Keough, University Controller*

Ingredients

8x8 pan
2 cans cherry pie filling
1 box yellow cake mix
1 stick of butter
Sugar
cooking spray

Instructions

Spray 8 x 8 pan with cooking spray.
Pour both cans of cherry pie filling in pan. Sprinkle sugar over the top to sweeten.

Melt one stick of butter and mix with cake mix in separate bowl.
Sprinkle cake and butter mixture over cherry pie filling.

Bake 350 degrees for one hour.



South African Malva Pudding

"A traditional South African dessert".
—Sadie Schmidt, University Controller

Ingredients

PUDDING

125 ml sugar
15ml butter
15 ml apricot jam
1 egg
5 ml baking soda
250 ml milk
250 ml cake flour
5 ml vanilla essence
2 ml salt

SAUCE

1 can evaporated milk
250 ml sugar
125 g butter
5 ml salt
9x9 baking dish

Instructions

1. Preheat oven to 350° F.
2. Beat sugar and butter until creamy.
3. Add jam and egg and mix well.
4. Mix baking soda and milk and add to sugar mixture.
5. Add flour, essence, and salt. Mix well.
6. Spoon into greased oven proof dish and bake for 30 minutes.
7. Heat milk, sugar, and butter in a saucepan and boil for 5 minutes.
8. Stir well.
9. Remove from stove and stir in vanilla essence.
10. Pour the boiling sauce over the pudding as soon as it comes out of the oven.
11. Serve hot with custard or ice cream.





Thanks!

Thank you for checking out the very first IU Finance Recipe Book!

Questions about any of these recipes, or feeling inspired to try one out? We encourage you to reach out to the submitter of the recipe you're looking at.

Questions about this recipe book? Email the Financial Training team at ESTC@iu.edu

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